1

0:42

The Air Squat
CrossFit®
2

0:58

The Front Squat
CrossFit®
3

1:07

The Back Squat
CrossFit®
4

0:56

The Overhead Squat
CrossFit®
5

0:37

The Wall Ball
CrossFit®
6

0:49

The Dumbbell Thruster
CrossFit®
7

1:04

The Thruster
CrossFit®
8

1:43

The Burgener Warm-Up
CrossFit®
9

1:06

The Dumbbell Hang Power Snatch
CrossFit®
10

1:09

The Dumbbell Power Snatch
CrossFit®
11

1:01

The Dumbbell Hang Snatch
CrossFit®
12

1:03

The Dumbbell Snatch
CrossFit®
13

1:08

The Hang Power Snatch
CrossFit®
14

1:11

The Muscle Snatch
CrossFit®
15

1:12

The Hang Snatch
CrossFit®
16

1:05

The Snatch
CrossFit®
17

0:43

The Snatch Balance
CrossFit®
18

1:17

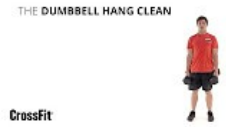
The Medicine-Ball Clean
CrossFit®
19

1:05

The Dumbbell Hang Power Clean
CrossFit®
20

1:12

The Dumbbell Power Clean
CrossFit®
21




0:56

The Dumbbell Hang Clean
CrossFit®
22

1:08

The Dumbbell Clean
CrossFit®
23

1:05

The Hang Power Clean
CrossFit®
24

1:07

The Muscle Clean
CrossFit®
25

0:56

The Power Clean
CrossFit®
26

1:02

The Hang Clean
CrossFit®
27

0:59

The Clean
CrossFit®
28

0:42

The Dumbbell Press
CrossFit®
29

1:01

The Shoulder Press
CrossFit®
30

0:37

The Dumbbell Push Press
CrossFit®
31

0:57

The Push Press
CrossFit®
32

0:49

The Dumbbell Push Jerk
CrossFit®
33

1:07

The Push Jerk
CrossFit®
34

0:50

The Dumbbell Split Jerk

CrossFit®
35

0:55

The Split Jerk
CrossFit®
36

0:51

The Dumbbell Swing
CrossFit®
37

0:42

The Kettlebell Swing
CrossFit®
38

1:01

The Sumo Deadlift
CrossFit®
39

0:58

The Sumo Deadlift High Pull
CrossFit®
40

0:58

The Deadlift
CrossFit®
41

0:31

The Push-Up
CrossFit®
42

0:43

The Ring Push-Up
CrossFit®
43

0:39

The Kipping Hanstand Push-Up
CrossFit®
44

0:34

The Strict Handstand Push-up
CrossFit®
45

0:46

The Bar Dip
CrossFit®
46

0:26

The Ring Dip
CrossFit®
47

0:34

The Kipping Toes-to-bar
CrossFit®
48

0:35

The Ring Row
CrossFit®
49

0:29

The Pull-Up
CrossFit®
50

0:34

The Kipping Pull-Up
CrossFit®
51

0:38

The Butterfly Pull-Up
CrossFit®
52

0:31

The Strict Chest-to-Bar Pull-up
CrossFit®
53

0:46

Kipping Chest-To-Bar PullUp
CrossFit®
54

0:29

The Pull-up (L-Sit)
CrossFit®
55

0:47

Kipping Bar Muscle-Up
CrossFit®
56

0:48

The Strict Muscle-up
CrossFit®
57

0:26

The Burpee
CrossFit®
58

1:08

The Turkish Get-Up
CrossFit®
59

0:33

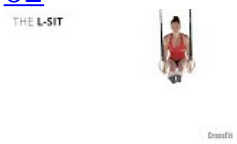
The AbMat Sit-up
CrossFit®
60

0:31

The Hollow Rock
CrossFit®
61

0:30

The V-Up
CrossFit®
62

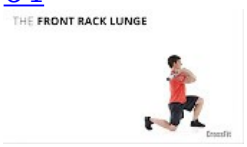



0:20

The L-Sit
CrossFit®
63

0:36

The Walking Lunge
CrossFit®
64




0:43

The Front Rack Lunge
CrossFit®
65

0:40

The Overhead Lunge
CrossFit®
66

0:46

The Dumbbell Overhead Walking Lunge
CrossFit®
67

0:59

The Pistol
CrossFit®
68

0:27

The Single-Under
CrossFit®
69

0:20

The Double-under
CrossFit®
70

0:58

The Rope Climb (Basket)
CrossFit®
71

0:28

Legless Rope Climb
CrossFit®
72

0:29

The GHD Sit-up
CrossFit®
73

0:22

The GHD Hip Extension
CrossFit®
74

1:02

GHD Hip And Back Extension
CrossFit®
75

0:36

Rowing
CrossFit®
76

0:28

The Box Jump
CrossFit®
77

0:39

The Bench Press
CrossFit®
78

The GHD Sit-up

0:16

The Handstand Walk
CrossFit®
79

0:48

The Wall Walk
CrossFit®
80

0:35

The Kettlebell Snatch
CrossFit®
81

0:35

The Back Rack Lunge
CrossFit®
82

0:58

The Skin The Cat
CrossFit®
83

0:43

The Rope Climb (Wrapping)
CrossFit®
84

0:55

The Good Morning
CrossFit®
85

0:39

The Dumbbell Front Rack Lunge
CrossFit®